

A close-up portrait of Claire Martin, a woman with short blonde hair and blue eyes, smiling warmly. She is wearing a dark blue blazer and a thin necklace. The background is dark and out of focus.

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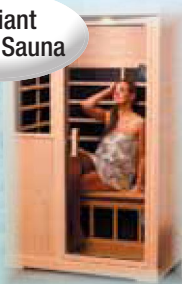


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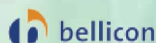
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Claire Martin

up close and off-air

by Bruce Mason

Filling the need for fact-based government

“And now, here’s Claire Martin with your complete, up-to-date, revised forecast.” Canadians from coast to coast have learned to listen up and look closely when this former CBC senior meteorologist shows and tells. Martin is one of the most popular and trusted people in this country. She has information we use to get on with our lives. So pull up your chair for a few minutes for what could be the most important forecast of your life.

Claire brought photos of herself to our interview and like millions of people over the past decade, I’m more than intrigued. Pointing to a photo with that trademark sweep of her hand, she says, “This is me as a young emigrant arriving in Canada on a wing and a prayer, standing in front of the Columbia ice-field, 30 years ago.

“And this second one is more recent. See, look closely. The glacier has retreated, melted, by at least 40 feet. Not inches, feet! That’s very, very serious. Not only are we looking at what defines us in the eyes of the world – the Rockies, Banff, Jasper – but also that’s the freezing point, a tipping point. And just a few degrees either way is huge. We must *do* something, *now*.”

Just when I expect her to say, “Back to you, Pee-tah,” I realize this is Claire Martin, up close, and off-air and off the cuff. Peter Mansbridge has admitted the most common question he’s been asked is “What’s Claire Martin really like?” His answer: “What you see is what you get. Above all, Claire wants people to understand, really understand.”

Her attention turns to what’s inside the frame of the cafe window: Burrard Inlet. Like everyone else, she’s hoping not to see bunker oil floating on the surface. Hoping, but knowing full well that some of the dirty diesel fuel has mixed with seawater and sunk to the floor. Out of sight, swept under the carpet in the man-made silent collapse of the world’s oceans. Then a quick glance to the mountains in our view – in the North Vancouver riding where Claire Martin is a candidate in the upcoming federal election – highly visible and part of the picture.

“There was a light dusting of snow last night,” she observes with that familiar singsong voice that charmed and informed billions during the Vancouver and Sochi Olympics and weather-related emergencies. “But the snow-pack is virtually non-existent and the local ski hills closed early this season.

“I’m environmentally aware, perhaps more than most laypeople and probably more passionate as well. Have been since I was stationed in Fort Reliance, NWT, as a meteorologist. I stepped from the floatplane and you’ve experi-



Claire Martin (left) joined by Green Party leader Elizabeth May and Lynne Quarmby.

enced this: a rush of blood and a deep breath, a sudden and spontaneous reaction to the realization that something so beautiful and pristine was part of my new country.

“Environmental policy is clearly the backbone of our party. For most Canadians, acting on Climate Change is also a top priority. This will definitely require a party with backbone. But I intend to communicate candidly with business people – as well as every other North Vancouver voter – to raise awareness that we must transition to a Green economy. Fundamentally switch our mindset to renewables. The good news is this will be more profitable, as well as preferable. It’s an undeniable fact; the evidence is everywhere in the world and growing exponentially – a new, different economy. We’ve got to catch up, get off fossil fuel and greedy resource extraction.

“Here is an example of what I’m fighting for: a return of the west coast ship building industry. It’s in our blood,

We won’t be whipped into shuffling behind some party line while abandoning our constituents and promises...

our DNA. We’re good at it. It’s part of our proud history here and in the Maritimes. We can build very good, clean, green, non-combat vessels in North Vancouver. Construct better, more efficient, environmentally friendly ferries here in our harbour, rather than purchase them from Poland. [Create] new and renewed infrastructure to include apprenticeship programs and meaningful, long-term work, truthfully good jobs from which people can go home to their families every day.

“And I’m also keen to converse directly with youth.

The first email request I got at claire.martin@greenparty.ca was to speak at Argyle Secondary School and I replied, ‘Yes, Yes, Yes,’ even though they can’t vote. I also want to be in their sandbox, so to speak, not just in business. So I’m on Facebook and Twitter; that’s @ClaireMartinGPC. Tell me the truth, what you want me to do, in 140 characters. I’m listening. I know your pain, your disillusionment.

“I left the UK at the end of the Thatcher era, witnessed the long, awful and infamous miner’s strike, with something like three million unemployed and the mindless distraction of the Falkland War. It was rough, much like what is now taking place here. Younger people can, and do, make change when they get more directly engaged, informed, active, demand a better future. And vote, please vote, even if not for me.”

Voters got a taste of Claire Martin, politician, at an English Bay Green Party press conference, shortly after the spill. “This is no way to run a port,” she said, from the podium, “systematically dismantling the infrastructure that was set in place to deal with these incidences. That is detrimental to Vancouver. We’ve lost the Coast Guard and have to get that back. Now we’re also losing the Maritime Communications Centre and will be remotely controlled from Victoria.”

She was standing shoulder to shoulder with other Greens, including Lynne Quarmby, who is running next door on the electoral map (Quarmby is the Green Party candidate in Burnaby-North Seymour). Martin says, “I’m told that Lynne went back to her lab and cried after deciding to put aside a brilliant career because she knew she had to. Elizabeth May started contacting me 48 hours after I left the CBC in Toronto. I had taken a management position in independent TV production back here at home. So I turned her *continued p.26...*

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You will find strong truth in this edition. May it serve you well. We at *Common Ground* are inspired to take this message across Canada, so if you can help in this regard please contact us. We are looking to grow a dedicated team for launching *Common Ground* nationally. Let's achieve this goal before the next election so *Common Ground's* strong independent voice can ring true from coast to coast to coast. Yes we can do it together and have a better Canada.

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TIME TO GROW NATIONAL

Many Canadians wish to rid themselves of a federal government that doesn't protect the environment, has ruined Canada's international reputation, and takes part in wars based on lies. Canada is not what it used to be. The blame lays squarely on the current government, and the 12th century first past the post electoral system where winners form phony majorities that lord over the majority of Canadians. Inequality between rich and poor has increased and so has debt. Why do we allow shadowy figures in government to borrow from private banks at high interest when we could be drawing low or no interest money from the Bank of Canada? Because we just don't know. If the government truly put citizens' first, we could have a vibrant economy, a clean environment, labeled GMOs, full employment, and peaceful international relations. But we don't. So we are waking up. We need A Better Canada (ABC), and an Absence of Big Corruption (ABC). To achieve that we need to cooperate, form coalitions and vote Anybody But Conservative (ABC).



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Optimizing fertility

Two alternative perspectives

The benefits of yoga

by Christina Niven

When dealing with infertility, yoga can be an effective approach in regaining balance and cultivating a positive and replenished state of being while undergoing the trials and tribulations of various fertility treatments. Yoga can be especially helpful because it provides a way to mitigate stress, release body tension and move stagnant energy and fluids while supporting an individual to foster an open and relaxed state of being. Each of these factors has a positive effect on one's fertility.

We are moving faster and are busier than ever. For many, stress is part of everyday life and high levels of ongoing stress are common. This has an adverse effect on any individual in terms of general health and wellbeing and particularly so for those wanting to conceive.



Studies have shown the practice of yoga can reduce levels of stress hormones in the bloodstream and consequently can enable the reproductive system to come back online.

The stress response is an activation of the sympathetic nervous system where one goes into flight or fight. The body does not differentiate in terms of stressors; whether you are being chased by a grizzly or you're feeling pressed by a quickly approaching deadline, it responds in the same way by releasing a flood of stress hormones that are meant to get you out of danger. This is a good thing when you're running for your life, but

not so good when you're at your desk and adrenaline is pumping through your veins.

In terms of fertility, when the body is in a heightened state of sympathetic arousal, the reproductive system is suppressed because as far as the body is concerned, there are other, higher priorities at stake – such as survival.

In order to prepare for conception and to most fully support the reproductive process, the body best responds when it is in balance, replenished and nourished. Studies have shown the practice of yoga can reduce levels of stress hormones in the bloodstream and consequently can enable the reproductive system to come back online.


The type of yoga practised is an important consideration. In order to mediate the stress response, it is necessary to support the parasympathetic nervous system (PNS). The PNS enables deep relaxation where the body is able to rest, repair and restore itself. The best yoga form for the PNS is restorative yoga where an individual is supported with props for 15 to 20 minutes per pose to facilitate a feeling of deep replenishment and relaxation.

For some, however, this approach just isn't doable because they have too much energy or are too keyed up to sit still for five minutes, let alone 20. In this case, a gentle or moderate Hatha class could be a good start. This type of yoga is also effective at enabling relaxation, facilitating stretching and the movement of energy through the body and helping to focus/quiet the mind.

It is also important to address the stress factors in one's life and to take steps to not only manage them through yoga and other modalities, but also to reduce them. Less stress equals better results.

Yoga's effective in supporting conception is not limited solely to its physical benefits. This is a practice that touches on all aspects of one's being: physical, mental, emotional and spiritual. The process of addressing fertility can be an emotional and stressful one. Yoga can be an invaluable tool in teaching one to focus their mind on the present moment and direct thoughts away from negativity and worry.

And if one is open to a higher power, connecting to this source energy through meditation and prayer dur-

ing yoga practice is also a beautiful and powerful way to connect to the force of life that has run through us and conceived all of life since time immemorial. 

Christina Niven is a yoga therapist and teacher with Mindful Movement – therapeutic yoga. 604-649-8522 www.mindfulmovementtherapy.ca

The Traditional Chinese Medicine perspective

by Brad Matthews, Dr. TCM, R.Ac

It is estimated that up to 16 percent of heterosexual couples – where the woman is 18 to 44 – are experiencing infertility, according to a research study funded by Assisted Human Reproduction Canada. This percentage has almost doubled since 1992, the last time infertility was measured. (See “Infertility on the rise in Canada: Study,” February 15, 2012, *National Post* online).

Not surprisingly, the study notes, “The use of assisted-procreation technologies has increased dramatically over the past decade.” One such treatment that has become extremely popular is traditional Chinese medicine (TCM). TCM is a complete medical system that dates back thousands of years and uses therapies such as acupuncture and herbal medicines to restore health and balance in the body.

TCM has a unique view of health and offers much hope for couples struggling with infertility. For example, when approaching infertility from the TCM perspective, the treatment goals could include regulating the menstrual cycles (in women) and/or hormones (men and women). We may want to reduce stress or improve blood flow to the uterus and reproductive organs, which may in turn directly impact the number of egg follicles available for fertilization in women undergoing *in vitro* fertilization (IVF).

In men, the increased blood flow to the reproductive

organs can positively influence sperm health, which is the predominant cause of male infertility. There are now several TCM clinics in Vancouver that specialize in infertility treatments and have developed working relationships with conventional fertility clinics such as Olive, Genesis and PCRM. A truly comprehensive approach to infertility is now becoming common.


So how does it work? Assuming there are no congenital issues with either partner, the TCM practitioner will undertake a very detailed consultation to determine where the imbalance lies. In infertility, much of the emphasis is on the kidneys, but there may be involvement of the liver and/or spleen as well. In the case of women, in order to determine the nature of the imbalance, detailed questions about the nature of the menstrual cycles will be asked. For example, the practitioner will want to know about cycle regularity, volume, colour, consistency and pain. Other areas of questioning



In most cases, weekly acupuncture and herbs are suggested for a minimum of three months.

may be related to childbearing (if applicable). Regardless of gender, questions related to sexual activity, emotional health, physical activity, diet, bowel and urine function, sleep and more will provide important clues as to the nature of the imbalance. Your practitioner will also inspect your tongue and feel your pulse. The tongue in particular can give us a lot of insight into the state of the blood, body fluids and internal organs.

After collecting all of this information, the diagnosis and resulting treatment strategy is devised. Treatment may include acupuncture and/or Chinese herbal medicine, diet recommendations or exercises. In most cases, weekly acupuncture and herbs are suggested for a minimum of three months. Acupuncture involves the virtually painless insertion of very fine needles at various locations on the body. Treatment has a cumulative effect. In order to maximize chances of conception, whether by way of assisted reproductive technology (ART) or not, three months is optimal.

It is becoming more common for couples to attempt getting pregnant later in life. It is not uncommon for women in their mid-to-late 30s and early 40s to begin trying to conceive. Perhaps that gives some insight into the increasing rates of infertility as well as other factors, such as our extremely busy and stressful lifestyles. Whatever the causes may be, the unique diagnostic and treatment methods employed by TCM are increasing the chances and offering much hope to couples struggling with infertility. This is illustrated by the number of fertility clinics that are encouraging acupuncture and TCM therapies as adjunctive measures to improve and optimize the chances of successful pregnancy. 

Dr. Brad Matthews has been practising Traditional Chinese Medicine for more than 15 years. He operates the North Van Pain Clinic (www.northvanpainclinic.com), with a primary focus on the treatment of acute and chronic pain, sports injuries and athletic enhancement. He is also trained and certified by the Blatman International Myofascial Academy in pain management using acupuncture injection therapies, trigger point therapies and prolotherapy.

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Inflammation and serrapeptase

by Dr. Zoltan P. Rona

Inflammation is the number one reason an individual consults any healthcare practitioner. Arthritis, gastritis, colitis, dermatitis, nephritis, neuritis and cystitis are just some of the common inflammatory conditions that bring people to their doctors every day. If the doctor's diagnosis ends in the four letters, "itis," by definition, inflammation is involved.

There are also numerous diseases or health challenges you might not think involve inflammation, but that are closely linked to it. For example, heart disease, especially coronary artery disease, is thought to be directly associated with inflammation. Inflammation is now considered to be a more important risk factor for heart disease than high cholesterol levels. There are laboratory tests for inflammation that will indicate one's risk for heart disease. These include the erythrocyte sedimentation rate (ESR), high sensi-

tivity (HS), C-Reactive Protein (CRP) and fibrinogen. All three tests indicate the presence of inflammation in the body and if elevated, a higher risk for heart disease. It is also an interesting fact that statin drugs like Lipitor and Crestor routinely used by the medical profession to lower blood levels of cholesterol are actually anti-inflammatory in their mechanism of action.

Cancer spread is accelerated by inflammation and many cancer therapies utilize anti-inflammatory drugs such as steroids to keep the features of inflammation (swelling and pain) under control. Obesity, dementia, migraine headaches and Alzheimer's disease involve inflammation. So do all infections, allergic conditions such as hives and virtually all auto-immune diseases. Asthma, diabetes, psoriasis, other skin disorders and irritable bowel syndrome also all involve inflammation. The medical treatments for all these conditions are anti-inflammatory



photo © Niramalya

drugs as the main therapy. Sports injuries (e.g. tendonitis, bursitis) and any musculo-skeletal injury sustained in a motor vehicle accident involve inflammation. If you are alive, chances are high you are or have been inflamed in some way.

Conventional doctors have always treated inflammation with drugs and surgery. In some cases, interventions such as surgery for an inflamed appendix are life saving. So are short-term antibiotics for some infections such as pneumonitis (pneumonia). Modern medicine is wonderful in treating acute illnesses but fails miserably when it comes to chronic disease or prevention. In the majority of cases of chronic illness or inflammation, current medical treatments only serve to suppress symptoms without making any dent in the disease process itself.

For example, if you have osteoarthritis, doctors will prescribe NSAIDS (non-steroidal anti-inflammatory drugs). Osteoarthritis is a life-long illness and most people who suffer from it are on NSAIDS for life. These include drugs such as ibuprofen, naproxen and numerous others. The trouble with all of these drugs is they induce blood loss from the stomach or other areas of the gastrointestinal tract if taken for any extended period of time. One NSAID called Vioxx had to be banned from the market a number of years ago after it was proven to cause heart attacks and death in hundreds of users. This is hardly a good solution for chronic inflammation.

Other drugs prescribed for chronic illnesses like rheumatoid arthritis or

lupus are even worse. These drugs suppress the immune system dramatically (Imuran, Remicade). Some are chemotherapeutic agents (methotrexate) and anti-malarial drugs (Plaquinyl). These can damage the liver, the bone marrow and other organs. The horrendous side effects of these drugs are sometimes worse than the disease itself. No wonder large segments of the public are flocking to naturopathic medicine.

The one common denominator of all the current medical and surgical treatments for chronic inflammatory conditions is they do not address the underlying cause of the illness. Doctors say the use of anti-inflammatory drugs addresses the cause, but if that were really true, why does the disease persist despite the medications?

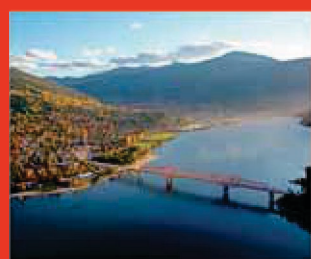
You do not make hives better by suppressing the hell out of the immune system with steroids like prednisone. You do not cure any form of arthritis by prescribing drugs that cause heart attacks, hemorrhage and peptic ulcers. You do not reverse prostatitis with a year's prescription of broad-spectrum antibiotics that lead to chronic yeast infections. You can mask and suppress symptoms for years with powerful drugs, but you will never reverse the disease process. With symptom suppression, one pays a huge price in terms of side effects and often, finances.

You certainly cannot prevent inflammation in the body with any drug or surgical procedure. The fact that doctors and surgeons continue to do so without even attempting a natural approach first is deplorable. Worse is the fact that many

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of them still tell their patients that diet has nothing to do with inflammation when there is overwhelming scientific evidence to the contrary.

Serrapeptase Against Inflammation

No doubt many of you have heard of fighting inflammation with a hypoallergenic diet and nutritional supplements like fish oil, vitamin D and herbs like boswellia and tumeric. While all these may be effective in given individuals, nothing approaches the natural anti-inflammatory potency of an enzyme supplement called Serrapeptase. Doctors in Europe and Asia have been prescribing it in ever increasing frequency for just about every form of inflammation for at least the past 30 years.

Serrapeptase (a.k.a. serratio peptidase) is a proteolytic enzyme. In other words, it breaks up and digests protein. Unlike other proteolytic enzymes that are derived from pigs, fungi or yeast, serrapeptase is pro-

inhibits the release of bradykinin, a substance that induces pain.

Serrapeptase is fibrinolytic, which means it digests excessive amounts of the protein known as fibrin. Fibrin causes the blood to clot or become sticky. The more fibrin, the greater the risk of heart attack or poor circulation. If one is able to keep fibrin levels under control, one prevents excessive stickiness of the blood flow, hence heart attacks and strokes. This is one of the mechanisms by which one can dissolve atherosclerotic plaque with serrapeptase.

Serrapeptase only dissolves non-living tissue, leaving living tissue alone. Blood clots, cysts and arterial plaque are all gradually dissolved. Over 50 clinical trials from Europe and Asia attest to the ability of serrapeptase to successfully treat conditions ranging from sprains, torn ligaments, post-operative swelling (edema), fibrocystic breast disease, deep vein thrombosis (DVT), carpal tunnel syndrome, ear, nose and throat infections and atherosclerosis. serrapeptase literally digests inflammatory tissue.

Serrapeptase was popularized by research done by the late and legendary Dr. Hans Nieper, an internist from Hanover, Germany, who used this powerful enzyme to treat virtually all degenerative diseases, including cancer, autoimmune diseases, crippling arthritis, atherosclerotic heart disease and dozens of other disorders.

Is Serrapeptase safe? On a scale of one to 1,000 with one being harmless and 1,000 being highly toxic causing death, we have aspirin, ibuprofen and corticosteroids at close to 1,000 while serrapeptase is closer to one. Yes, serrapeptase can cause mild gastric irritation in some elderly people but that's really quite rare. The one caution about serrapeptase is that long-term safety studies have not been done. On the other hand, the supplement has been in wide scale use for over 30 years and nothing deleterious has been reported on a consistent basis. As with most nutritional supplements that are GRAS (generally regarded as safe), any adverse reactions that occur are usually in the mind of the individual using the supplement. <

duced by bacteria in the gut of silkworms. In the concentrated form of a tablet or capsule, serrapeptase acts as an anti-inflammatory and a pain blocker similar to aspirin, ibuprofen and other NSAIDS. Aside from this very desirable property, there is growing evidence that serrapeptase inhibits the build-up of plaque in the arteries. Thus, it prevents atherosclerosis, arterial blockages, strokes and heart attacks. Unlike aspirin, ibuprofen and other NSAIDS, serrapeptase does not cause stomach ulcers or gastrointestinal tract bleeding

How serrapeptase works

Because of its protein chopping action, serrapeptase helps thin out the fluids formed from injury, thus facilitating the drainage of these fluids. This speeds tissue repair and relieves pressure that causes pain. Serrapeptase also

Dr. Zoltan P. Rona practises complementary medicine in Toronto and is the medical editor of **The Encyclopedia of Natural Healing**. He has also published several Canadian best-selling books, including **Return to The Joy of Health**.

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Food for environmentalists



Do you champion wise usage of water resources, clean oceans and a reduction in greenhouse gases? A newly released book by a BC author demonstrates exactly how your dietary choices can support your values.

In *The Restore-Our-Planet Diet: Food Choices, Our Environment, and Our Health* (www.restoreourplanetdiet.com), Dr. Patricia Tallman shows the precise environmental savings that result when you choose a bean chili over a beef chili. For each serving, you'll save 418 gallons of water, reduce manure production by 9.7 pounds and reduce greenhouse gas emission by three kilograms of CO₂e or the equivalent of driving seven miles. And, of course, that's just one part of your daily menu. When you make such choices on an ongoing basis, you can really make a difference.

Tallman illustrates the impact we can have when we forego beef, pork, chicken, eggs and dairy and substitute them with plant protein foods. Simply replacing beef in a Sloppy Joes recipe (four servings) generates the following savings: 1,765 gallons of water, 38.5 pounds of manure and 11.3 kg of CO₂e or the equivalent of driving 42.8 km (26.8 miles). As a bonus, the plant-based version contains 25 percent fewer calories, 50 percent less total fat, eliminates 32 grams of saturated fat and all 320 grams of cholesterol while providing the same amount of protein and iron.


Alternatives are given for eggs and dairy that result in delicious baked goods. By using non-dairy milk in blueberry cinnamon muffins or banana bread, you'll save a further 118 gallons of water, two pounds of manure and about 0.6 kilograms of CO₂e. A tablespoon of ground flaxseed mixed with three tablespoons of water makes a great egg replacer in pancakes or baking.

Fortunately, the action you take to mitigate climate change, water pollution, rainforest destruction and water shortages also empowers you to combat diabetes, obesity, cardiovascular disease and cancer. In fact, Kaiser Permanente, the largest healthcare consortium in the US – comprising nine million members, 37 medical centres and over 600 medical offices – recently advised its 17,000 salaried physicians to recommend plant-based diets as the standard therapy for most major chronic diseases. Here's a recipe from *Restore Our Planet*:

Yam and Black Bean Chili Makes 6 to 8 servings

The contrasting colours of orange and black give great visual appeal to this chili. The combination is delicious and a very pleasant combination of textures and colour.

- 2 cups yams, peeled and chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 large bell pepper, chopped
- 3 cans of 14-oz (400-ml) black beans, rinsed and drained
- 1 tbs vegetable oil
- 1 tbs chili powder
- 1 cup vegetable broth
- 1 15-oz (420-gram) can crushed tomatoes
- Cayenne, to taste (optional)

In a small pot, cook the yam pieces until tender; drain and set aside. In a larger pot, sauté the onion, garlic and bell peppers in oil for about five minutes. Add the chili powder, vegetable broth, tomatoes and cooked yams. Simmer for about 20 minutes or until the chili thickens. Add cayenne for extra pizzazz. Serve over brown rice if desired. 

Vesanto Melina is a BC dietitian, author and consultant, www.nutrispeak.com, www.becomingvegan.ca, 604-882-6782.

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Alleviating pain with reflexology

Pain is the most common reason for physician consultation in North America and a major symptom in many medical conditions. As uncomfortable and inconvenient as pain is, it does serve as the body's warning that something is wrong. No doubt, you have experienced how natural it is to protect the part of your body that is experiencing pain. Similarly, you will be motivated to avoid the pain-inducing situation in the future. However, some pain can be debilitating and hence destructive. Simply removing pain can mislead you into believing everything is fine when, actually, the source of the pain must still be addressed.

Reflexology, by relieving stress and tension, can ease pain naturally, sometimes when even the strongest painkillers do not work, as in the advanced stages of cancer. Relief of stress and tension through reflexology may also facilitate healing in the painful area.

Pain can take many different forms: migraine headaches, arthritis, cancer, soft tissue (including surgery), bone fractures, sciatica and fibromyalgia. No matter what kind of pain it is, it has a negative effect on the quality of our lives and our ability to function, making the reduction of pain very desirable.

History of reflexology

Dr. William Fitzgerald (1872-1942) is often called the father of reflexology as a result of his development in the US of reflexology's predecessor, Zone Therapy (1915-1930s), which he promoted to his medical colleagues as an effective method of anaesthesia and analgesia. This was at a time when the medical profession had no safe and effective method of anaesthesia, which was a critical issue for surgeons. Subsequently, Zone Therapy was promoted primarily for pain relief and anaesthesia.


More recently, it has been recognized that reflexology primarily reduces stress

Reflexology, by relieving stress and tension,
can ease pain naturally, sometimes when even
the strongest painkillers do not work.

and tension and that the benefits of reflexology – including its effectiveness at easing and relieving pain – evolve from the profound relaxation it facilitates. Pain can be intensified by our natural inclination to tense against it, which can create a negative spiral effect. Reflexology can reverse this negative spiral and produce significant relief.

When pain is acute, as in whiplash for example, one's natural tendency is to tense as the site of the pain – the neck – is approached. One remarkable advantage of reflexology is that it is applied without approaching the pain site.

When reviewing a number of research studies evaluating the effectiveness of reflexology in addressing a wide variety of pains, it was found that reflexology produced positive results 75-80 percent of the time. However, it is not possible to predict whether reflexology will be effective in every case. Its effectiveness depends on how a person responds to it, which is true of every other therapy.

Reflexology is incredibly easy to learn and a wonderful tool for people who simply want to be more self-sufficient – and therefore less dependent on health-care professionals – and for professional health practitioners who wish to expand their services. As a therapy, when applied with common sense, it is completely safe and offers the recipient a sublime relaxation. It also offers profound health benefits, all of which stem from the reduction of stress and tension, which frequently contribute to the proliferation of disease. 

Christopher Shirley teaches, practises and promotes reflexology at the Pacific Institute of Reflexology in Vancouver, BC, www.pacificreflexology.com

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Neoconning the public



Canadian Council of Chief Executives head John Manley, former prime minister and current Barrick international advisory board chair Brian Mulroney, Barrick chairman Peter Munk, and former foreign minister and current Barrick international advisory board member John Baird, pictured in 2012 at an exclusive dinner at The Museum of Nature where Bill Clinton's former Secretary of Defense William Cohen was keynote speaker. Now, who is shaking hands, and what is the deal? *photo by Jake Wright*

Nigel Wright has been much in the news for the \$90,172 cheque he signed over to Mike Duffy. Much less attention has been devoted to the scandalous implications of the \$9 million payment from former Foreign Affairs Minister John Baird to Peter Munk's School at the University of Toronto. The anatomy of both deals sheds light on the abundant conflicts of interest linking the Barrick Gold Company with Conservative Party governments led by Brian Mulroney and now Stephen Harper.

The origins of Barrick Gold

After terminating his tenure as the most undiplomatic Minister of Foreign Affairs in Canada's history, John Baird has been extended a place on Barrick Gold Corporation's International Advisory Board. Its founding Chair was former US President George H.W. Bush. The international panel's current Chair is former Canadian Prime Minister Brian Mulroney.

A close student of the relationship between Bush Sr. and Mulroney, in 1997 Anton Chaitkin came up with the phrase "Barrick's Barracudas." Baird is a recent recruit among this school of fishy predators inhabit-

ing those murky zones of lucrative interaction between business and politics. This pattern goes back at least to 1984 when Adnan Khashoggi visited Ontario's capital to establish a Toronto headquarters for the Barrick complex of companies.

In the period when he was laying out the political, legal and economic groundwork for what would become Barrick Gold, the flamboyant playboy Khashoggi was reputed to be one of the world's richest men. This CIA asset and arms merchant also served as a front man for a group of Saudi Arabian investors that included Kamal Adham, the oil-rich country's head of intelligence operations. This strategic link to Saudi wealth was crucial in the financial life of western capitals during an era when much depended on Saudi Arabia's backing for the shift of the US dollar from a gold-backed to an oil-based currency.

Barrick Gold's connection through Peter Munk to Canada's Bronfman family dynasty formed a vital dimension of the Israeli-Saudi axis, an important factor in maintaining the Anglo-American empire. Edgar Bronfman's activities, as the influential head of the World Jewish Congress between 1979 and 2007, provide us with a glimpse into the politico-economic juggernaut that

by Anthony J. Hall

included the Barrick complex of companies.

Khashoggi met with Ontario Premier Bill Davis in 1984 during a heavily hyped media event meant to promote the listing of what was then known as American Barrick or Barrick Resources in the Toronto Stock Exchange. Flash forward to 2015 when Newt Gingrich became John Baird's co-appointee on Barrick's international advisory panel.

In 2008, Gingrich became a candidate for the US Republican Party's nomination in the presidential election. Multi-billionaire gambling czar Sheldon Adelson famously funded Gingrich's neoconservative candidacy. Adelson's political priorities include putting in place a US president that will agree to nuke Iran, the number one national nemesis of Israeli Prime Minister Benjamin Netanyahu.

The Munk School's role in promoting the hawkish policies of the Harper Government towards Iran

Several weeks before joining Barrick's well-rewarded international advisory panel, Foreign Affairs Minister Baird conducted a press conference in Toronto along with Professor Janice Stein, then Director of the Munk School of Global Affairs. The Munk School originated in its present form in 2011. It began with a large donation to the University of Toronto from Peter Munk.

Munk became the most public face of Barrick Gold Corporation after Adnan Khashoggi was exposed in the Iran-Contra scandal in the late 1980s. Khashoggi and some of his fellow Saudi investors in Barrick businesses were exposed as key operatives in a complex web of illegal financial transactions on behalf of the National Security apparatus of the Reagan-Bush White House.

During and after his term as US President from 1989 to 1993, Bush Sr. took firm charge of Barrick's most rapid phase of international expansion. To help him with this enterprise he recruited his peer, Brian Mulroney, with whom Bush had worked particularly closely in putting together the North American Free Trade Agreement, NAFTA. NAFTA was instituted in 1992 shortly before both men left elected public office under clouds of infamy.

On January 6 of this year, Stein and Baird announced that the government of Prime Minister Stephen Harper was directing a grant of \$9 million to the Digital Public Square Project. In this scheme of internet manipulation, the U of T's Munk School was enlisted in a federal operation reminiscent of old Cold War initiatives to encourage dissidents within communist countries to join forces and rise up in order to topple their Soviet-backed oppressors.

This Harper U of T initiative is being pressed forward in a context defined by Ottawa's severance in 2012 of diplomatic ties with Tehran. The federal government's unilat-

eral decision to terminate formal relations was introduced with Baird's inflammatory allegation that "Canada views the Government of Iran as the most significant threat to global peace and security in the world today."

Baird added to this saga of vituperation in 2013 by asserting, "The [Iranian] regime is hollow. It does not have the depth, the intellect, the humanity or the humility to bring about a better future for its people." This most undiplomatic of characterizations was delivered notwithstanding the diplomatic transformations brought by the election in 2013 of Iranian President Hassan Rouhani.

The Digital Public Square initiative is a thinly disguised instigation of hostile regime change directed at Iran and also several other countries on the Harper government's Enemies List. Professor Stein attempted to soft-peddle U of T's role in this scheme. "It's about making space for different narratives. It's about making space for different voices," she declared.

I was struck with a sense of irony when I first saw these words attributed to Professor Stein, who apparently coached John Baird regularly in how he should articulate Canada's international positions. When it comes to issues like Canada's relationships with the Islamic Republic of Iran, or, for that matter, the Jewish state of Israel, I do not hear a multiplicity of voices in Parliament or in mainstream media coming from a wide variety of perspectives. What I have heard instead – especially on the airwaves of Canada's public broadcaster – is a very narrow spectrum of blinkered, one-sided international commentary.

Indeed, I can report from my experience as a delegate in October 2014 at an international conference in Tehran that I participated in a much more free-ranging and broad discussion of global affairs than would be possible these days in the heavily censored CBC. The same comparison might be applied to the gate-kept academic environment at the U of T and certainly to the cloistered confines of its Munk School.

In 2013, the Munk School Director, Janice Stein, and Foreign Affairs Minister John Baird were accused of stifling such free-ranging academic debate by a coalition of Canadian-Iranian community groups. They accused the organizers of an allegedly closed and secretive academic gathering at the U of T of making "a calculated attempt to sideline critics and censor opponents of the Conservative government's policy on Iran." Those invited to make presentations were said to display uniformly "hawkish views" unreflective of "the Iranian diaspora's outlook."

Barrick Gold, the neocon agenda and constraints on academic freedom

Peter Munk's donation to the University of Toronto was negotiated in secret with the U of T's former President, David Naylor. Dr. Naylor was recently appointed to Barrick's Board. The Naylor-Munk deal of 2011 breaks new ground in terms of tying strings to the future flow of funding to an important academic unit at a Canadian university.

The Munk School Director must satisfy Peter Munk – and, after his death, the trustees of Munk's estate – that he or she is meeting predetermined academic and "branding" guidelines. The U of T's adoption of these conditions sets very unfortunate precedents for the corporate sponsoring of other academic institutions.

This constraint on academic freedom only begins the

litany of negative implications permeating the Munk School's positioning in the academy. As emphasized on the website of a campus-wide coalition entitled Peter Munk Out of U of T, "students have cause for concern that their school is so closely associated with this company... that is accused of human rights violations, labour violations, environmental devastation and/or corruption where they operate."

This corruption begins in Canada and extends to many countries where Barrick operates including Peru, Tanzania, Papua New Guinea and Australia. Barrick's



Peter Munk is the most public face of Barrick Gold. *Jake Wright photo*

horrendous record has been highlighted by many organizations and NGOs including Mining Watch and Protest Barrick as well as by many authors including Alan Denault, Sakura Saunders, Greg Palast, Alex Constantine and E. P. Heidner.

Especially serious from the perspective of the growing neocon assaults on academic freedom at the University of Toronto and other centres of higher learning is Barrick Gold's history of trying to intimidate, shut up and destroy altogether its critics through a variety of coercive techniques. These include financially debilitating SLAPP suits, strategic lawsuits against public participation.

What credibility do these words

now possess given Baird's own

subsequent induction ... into

Barrick Gold's inner sanctum...

Barrick's precedent-setting litigious assault in Ontario on the Internet postings of Chilean-Canadian miner, Jorge Lopehandia, became especially aggressive in the early 2000s. With his Vancouver-based associates Lopehandia has achieved considerable traction with the Chilean judiciary in demonstrating that he, not Barrick Gold, is the primary holder of title to the massive deposits of gold, silver and copper at the Pascau Lama Mine.

Barrick Gold's main man on the ground in Latin America is heir to the financial empire of Andronico Luksic Sr.. Luksic Sr. was one of the primary beneficiaries of the radical privatization of public property imposed on Chile after the US-backed coup in 1973. Banker Andronico Luksic Jr. has taken over his father's hostility to Lopehandia's unrelenting assertion of title to one of the world's richest mineral deposits. Through the public exposure attending his politically-motivated efforts to extend improper loans to the family of Chilean President Michelle Bachelet, Luksic has botched his overzealous power play. His attempt to cozy up to Chile's first family is generating much negative domestic publicity in ways that are engulfing Barrick's Chilean outpost in the hot glare of scandal.

Lopehandia's tenacious defense of his rights and interests is part of a tsunami of problems overwhelming Barrick in what was once advertised as its prime Latin American bastion. In 2013 in Canada's Financial Post, Peter Koven accused Barrick of "screwing up the Pascua Lama project about as badly as any mining company has ever screwed up a major project."

Mining the public interest for corporate and private gain

As Canada's recent Minister of Foreign Affairs, John Baird has played a key role in Barrick Gold's

litigious interactions with, for instance, Jorge Lopehandia. Lopehandia has had much company in bringing forward serious indigenous grievances in those many countries where Barrick's Barracudas are active.

Barrick has emerged as a core polity in a structure of international affairs wherein fully 75 percent of the world's mining companies are headquartered in Canada. It seems that very lax oversight of the Toronto and Vancouver stock exchanges, as well as the lack of any serious regulation by the our federal government, has made Canada a laissez-faire magnet for extractive enterprises of many sorts.

There is an unmistakable stench of conflict of interest surrounding John Baird in his work inside and now outside Stephen Harper's cabinet. The most obvious indicator of this malfeasance began the moment he handed over a federal cheque for \$9 million dollars to the Munk School of Global Affairs. The purpose of the grant was to advance the U of T's transformation into a partisan partner in the Canadian government's decidedly "hawkish" interactions with Iran.

Only weeks after this delivery of public funds to the Munk School, the Barrick Gold Corporation reciprocated. In his very first days as a private citizen, Baird joined the International Advisory Board of Peter Munk's main medium of golden endowment to the University of Toronto.

John Baird thus followed a path laid out by former US President George H.W. Bush *continued p.32...*

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Remembering Mike Carr

(1942-2015)

A father of bio-regionalism

by Kriszta Hernadi

Mike Carr's social and environmental activism spans four decades. As an organizer, founder or member, he worked with a number of grassroots groups: TCLSAC, People's Food Commission, Vancouver Walk for Peace, Aurora Institute, Eco-City Network, Barefoot Cartographers, Tin Wis Coalition, Native Education Society, Northwest Ecosystem Alliance and Vancouver Coop Radio. In 2008, he ran as a federal Green candidate in East Vancouver.

Mike received his Doctorate at SCARP (UBC, 1999). His dissertation focused on the history and analysis of the bioregional movement and theories of civil society. UBC Press published it as "Bioregionalism and Civil Society: Democratic Challenges to Corporate Globalism in 2004." Concurrently, Mike worked with Bill Rees and Mathis Wackernagel on the "Ecological Footprint" concept. Dr. Rees described Mike as "one of North America's foremost bioregional thinkers and advocates for a socially just and sustainable society."

Mike was a founder of the 1994 Vancouver Greening our Cities Conference, a founder of the Eco-City Network, an editor and writer for *Eco-City Act Locally* and the founder of the "Barefoot Cartographers," a bioregional mapping group that mapped Salmonopolis, among others, for eight years. He wrote magazine articles and served as a board member for the Grandview Woodlands Area Council, a local citizen's organization in East Vancouver. His activism included disability and GLBT rights issues.

For 20 years, Dr. Carr taught courses in First Nations studies, urban studies, geography, sociology, anthropology and bioregional mapping at SFU and UBC.

Mike lit a cigar and poured himself a shot of seven-year-old Mulata rum. He then put on some salsa music and walked Susana up on the stage where they started dancing. He was always on *continued p.33...*



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Angelika Bendrich, RPC, CNP

12:00 - 1:30 pm Nutritional Pathology
Inflammation: The Underlying Cause to all Chronic Disease?
With Dr. Jason Marr, BScH, ND

2:00 - 3:30 pm Advanced Nutrition Research
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With Rebecca Llewellyn, BSc, CNP, CH

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Overprescribing common among elderly

Some healthcare professionals see this as a serious problem

If you plan on getting old, or are looking after someone who is old, you need to be ready for one stark reality of medical care in the elderly: it involves a lot of drugs. Anyone who looks after senior citizens says the same thing: any new ache, pain or concern often means a new prescription. What's a trip to a specialist without a few new prescriptions added to your daily regime? And a stint in the hospital? If that doesn't end in a bunch of added medications too, then something seems wrong. They all add up, sometimes horribly so.

Over the last 20 years or so, I've spent a fair amount of time researching the relentless marketing of pharmaceutical companies that are driving so much of the overdiagnosing and overprescribing, but lately I am starting to sense a growing uneasiness among health professionals. In fact, physicians groups, medical directors in seniors' centres and individual doctors are starting to get serious about the problems of too much medicine. They are initiating medication reviews and 'deprescribing' programs, recognizing that polypharmacy – the use of multiple drug prescriptions – is a serious problem in the elderly. But I've also discovered that anyone trying to change attitudes towards overprescribing faces many obstacles.

As prescribers, physicians may be reluctant to stop a patient's meds because they don't want to contradict an order by a specialist, even if the patient is obviously not having a good time with their new drug. Because patients often have multiple doctors treating them, sometimes your doc won't know why someone prescribed a particular drug to you in the first place. Perhaps they don't have the time or energy to go through your entire list of medications to eliminate the ones that don't seem that helpful or that are possibly dangerous. Things might seem overwhelming, but I've met many doctors who want to get things back to the basics, especially when they see intolerably large drug regimes burdening their older patients.

Starting a new medication is like the bliss of marriage; stopping it is like the agony of divorce. Surprisingly, stopping drugs is difficult even when the patient is experiencing adverse effects or when there is zero rationale for the person to continue taking some medications. Don't believe me? I learned recently that a fair proportion of seniors in palliative care – those given 'end of life' care – are still taking statins to lower their cholesterol! That's right – it's as if these dying people were enrolled in the "he who dies with the lowest cho-

lesterol wins" contest.

I'm learning there is considerable emotional stress when it comes to taking away medicines because drugs are imbued with a certain symbolic significance and prescription writing is a powerful ritual. Does stopping them signal that your doctor has given up or that your health isn't worth preserving? Even in studies of patients who think they are on too many medications, patients say they are reluctant to ask their doctors for fewer drugs because they don't want to anger them or appear difficult. This means some people take drugs just because they don't want to displease their doctor. If the doctor doesn't engage the patient and find out what is important to him or her, the miscommunications can fuel an unending supply of useless and potentially harmful drugs.

No one knows this better than a local BC expert in 'deprescribing,' a Vancouver doctor named Rita McCracken who is making a name for herself in this field. She is doing original research on deprescribing as part of a PhD program at UBC and spends a lot of time tending to frail, elderly patients and taking a scalpel to their medication regimes. She talks of the simple mathematical reality of prescribing in the elderly, where the chance of something bad happening increases exponen-

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tially as you keep adding new medications.

The intuition that doctors like Dr. McCracken work with is grounded in the imminence of death. She sees that one of her major tasks is to discover her older patients' goals and try to translate those into making the patient comfortable and maximizing their ability to function. Again, there is no pill for being old and to better meet those goals, it usually means subtracting a lot of unneeded medicine.

People who talk about prescribing in the elderly call it an "evidence-free zone." The reality is that most of our widely used drugs are tested on younger people with single diseases like high blood pressure and then get used on older people who might have a whole host of conditions such as arthritis, dementia, gout and high blood pressure. "You see," Rita McCracken explained during a lecture I attended in Vancouver in April, "frail elders are typically excluded from most trials and therefore the clinical guidelines don't really apply to these older people." Then what do you do?


Actually, blood pressure makes a very poignant example of the kind of care the elderly can often be subject to. Many older people are on multiple antihypertensive drugs – drugs to lower blood pressure – sometimes two or three of them to drive down their blood pressure to a level that might make some sense if the patient was 40. The problem is that trying to get blood pressure that low for someone who is 80 is almost totally irrational. Why? Because the physiology of old people is different and most blood pressure studies have specifically excluded people aged 80 and over. Those few studies that have focused on the elderly find something terribly surprising: the patients in the trials who had *lower* blood pressure had a higher risk of death.

Starting a new medication is like the bliss of marriage;
stopping it is like the agony of divorce. Surprisingly,
stopping drugs is difficult even when the patient
is experiencing adverse effects or when there is
zero rationale for the person to continue...

Overprescribing of antihypertensives in the elderly is a concern to Dr. McCracken not just because the evidence suggests it might be counter-productive, but also because the quality of life of the person with low blood pressure could be suffering. In the talk I attended, she spoke about one study done in Florence, Italy, that found a lower daytime blood pressure was associated with "accelerated cognitive loss," probably the last thing you want to cause by chasing lower blood pressure targets.

Dr. McCracken is going to see if there is good evidence to support the link between low blood pressure and dementia. Now, wouldn't that be something if we discovered that, in our aggressive attempts to lower grandma's blood pressure, we're causing her to lose part of her memory and thinking abilities?

At the end of the day, if you are old or are concerned about an older loved one, you have to stay engaged and make sure the doctor is aware of your goals. You have to communicate your needs and be clear about your preferences. If you think you're taking too many drugs, you could be in luck because the doctor might have been waiting for you to initiate the 'deprescribing' conversation. This is the time for frank conversations and truth-telling. In the words of Dr. McCracken, speaking to her fellow doctors, "We have to be honest about the quality of evidence and what a patient can expect from a pill."

There is no magic pill to treat frailty, but there might be a magic word – and it's called deprescribing. It might be worth asking your doctor if you are ready to take that concept for a test drive. Stopping a medication does not have to be like the agony of divorce. Maybe like any other transition in life, it's all about moving on to a better place. 

Alan Cassels is a drug policy researcher at the University of Victoria. He writes about medical screening and drugs, consults with unions on drug benefits plans and is helping research tools to make deprescribing easier for physicians. You can read more of his writings at www.alancassels.com



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StarWise

May 2015

WHAT ARE we going to do when the big one hits? No, not the earthquake; we know that will happen someday and we have no say in the matter. I'm talking about the big oil spill that is inevitable, foreseeable and preventable. Our mini spill was a true wake-up call and although it was just a drill and not a big spill, we're able to witness the Tweedledee and Tweedledum effect of our local and federal agencies, ministers and other officials pointing the finger and passing the buck with a whole lot of weak excuses about their unpreparedness. It is sickening, but rather than whine and cry the blues we should be motivated to truly do something about it. The stars are in very good position for this type of action and protestation. The past we cannot change and the future hasn't come, but the present is in our grasp and it is up to us to make a difference regarding how the future unfolds.

Can we really call ourselves 'green' when we have a bunch of steel tanks full of very toxic material sitting very close to our shores and we're inviting giant tankers to move up and down our coast? It's just insanity, greed and short-sightedness and one day we will pay the price for it. The planet Uranus is moving through Aries for the next few years and then through Taurus for several more years bringing us up to 2026. Uranus is the planet of invention, revolution, innovation and ingenuity and he is moving through Aries, the sign of new starts, fresh beginnings and pioneering action. I don't profess to be a scientist at all, but don't we have the technology to implement solar and wind energy, thermal heating and many more technologies that will protect us from serious environmental hazards?

When Uranus moves through Taurus from 2019 to 2026, it may be harder to make changes and the changes we don't make consciously will happen suddenly, without warning and probably with disastrous results. We can nip this in the bud if we get a move on and act now. It is a time of awakening and a time of striving for better ways. The planets are offering their help, but will we take heed and pay attention? Or will we just slumber and one day hold our collective head in our hands as we weep at the loss of our very precious resources and pristine natural environment? We are the guardians and we must think and act before it is too late.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



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ARIES Mar 21 - Apr 19

It's time to take stock and an inventory of where you're at. You were born at a time signifying that the gift for pioneering is in your blood and spirit. Revolutionary Uranus visits Aries until 2019 and won't return for 84 years. Now's the time to make your move and do what you were born to do.



TAURUS Apr 20 - May 21

Although you might be snug and comfy with all your earthly possessions, it won't always be that way. A few years from now when Uranus moves through Taurus, it's likely big changes will take place. It's not necessarily a negative thing, though, especially if you are willing to accommodate changes when they come your way.



GEMINI May 22 - Jun 20

Mercury and Mars visit Gemini bringing all kinds of energy and activity your way. They're not the best of friends and when they meet up there is always some sort of controversy that needs to be sorted out. Truth and honour, honesty and valour get you through nicely while anger and impatience bring more concerns.



CANCER Jun 21 - Jul 22

Venus pays a visit for most of the month providing a perfect setting for reunions and gatherings of all sorts. Time spent with loved ones fills the bill nicely or a special love manifesting may be the case. Cancer loves antiquity and antiques and it's probable you will come into possession of something quite valuable.



LEO Jul 23 - Aug 22

Jordan Speith is the 2015 Masters champion. The golf world is agog with this 21-year-old Leo's dominance of the field. He smashed just about every record out there. He's one example of how Jupiter can bring his blessings and abundance. Jupiter is all about competition and he's moving through Leo now. Hint, hint.



VIRGO Aug 23 - Sep 22

Mercury and Mars are moving across the top of your solar chart. It means you should be busy, very busy. So busy that you might overdo it or ignore important details of a job etc., which really isn't Virgo's way. Pay attention and go slowly or you may have to redo what you've just done.



LIBRA Sep 23 - Oct 22

Journeys might be on your mind. It is likely you will make important decisions regarding relationships. The truth is revealed or exposed offering you an opportunity to set the scales aright once again. A move to a new place of residence or a job change might be in the wind. Go with the flow.



SCORPIO Oct 23 - Nov 21

The full Moon on May 3 brings revelations and realizations your way. Jupiter has a hand in the play and it might be wise to say less, otherwise, you may rue the fact you overreacted and said way too much. Then again, you probably will see the true facts and might state them no matter what.



SAGITTARIUS Nov 22 - Dec 21

Mercury and Mars travel opposite to your sign and it might be a sign of some type of clash or crash. Possibly, a clashing of ideals will manifest. "A soft answer turns away wrath" is a good mantra to keep at hand. Sagittarius is known for releasing thunderbolts of truth from time to time.



CAPRICORN Dec 22 - Jan 19

It might be time to re-evaluate what is important and what is real or not. The stars are aligning in such a way that some people may go away or you may move away from situations that are no longer viable or sustainable. Children and youth in general are topics for consideration.



AQUARIUS Jan 20 - Feb 19

The earth may shake beneath your feet as the full Moon takes place on May 3. The shaking may not be literal, but more psychological as you come across some realizations of certain realities. While this sounds ominous, it may not be that way at all. Epiphanies come that help you decide how to go.



PISCES Feb 20 - Mar 20

The month of May has its challenges that must be dealt with. Certain frustrations and limitations hold sway and it will take some hard thinking to sort it all out. Confusion and distortion could be in the play, but once the air is cleared, you may feel some relief. Honesty is the best policy.



Playground politics in the workplace

Every situation – even a disaster – is an opportunity to be your best.
– Rosalene Glickman, PhD

How often do you hear yourself or others grumbling about the workplace? Indeed, it is very common. Ideally, the workplace should be a more mature environment than the schoolyard, but if we really look at what goes on, it often isn't that different.

Sadly, some of the workplace dysfunction may be more common with women. We all know the gossiping that goes on. This can elevate to isolating some colleagues to outright bullying.

If a supervisor is harassing an employee, it is for that employee to take action by talking to Human Resources or union representatives. Often though, little things are the topic of gossip, such as complaining about management, putting down a fellow worker or spreading rumours that have nothing to do with work.

For some, inner child issues often unconsciously arise in the workplace. One feels the boss favours another or feels a need to compete with a fellow worker. Jealousy issues arise and insecurities may be triggered. When this happens, behaviours can regress to times in childhood when we felt the same way. Clustering together and saying bad things about someone seems to make the inner adolescent feel better – but it does not make the situation any better. It makes things worse. We are at work to do an adult job and discussing our personal feelings about others at work is unprofessional. It undermines the workplace environment and can cause great distress for the one being vilified.

Ego likes to see things from its own limited perspective. Ego gets into polarity – the good-guy/bad guy, right/wrong dichotomies. “But it's true!” ego protests. Well, terrorist groups believe they are right, Putin thinks he is right, American police who

target black youth think they are right.

Supervisors and employees both think they are right. One employee thinks she is right and another one thinks she is wrong. On it goes. When we insist we are right, we are making the other wrong and therefore establish the polarity.

What we really need to do is establish understanding. Wisdom means seeing the big picture and understanding *both* sides and working toward solutions. Wisdom means wanting it to be comfortable for everyone and caring about everyone despite our differences.

It means being the adult who helps solve problems, not the child who complains, gets angry, lashes out at others or tries to garner support for his or her position from others in the workplace.

It also means recognizing the workplace is not set up for our benefit. Yes, we have rights, but not liking something does not necessarily equate to violation of rights. If there is abuse or harassment, by all rights use the proper channels.

However, if you simply do not like the boss or cannot stand some co-workers, you need to find a different job rather than staying and stirring up stress and tension for all involved. Few workplaces are perfect so there may always be something that is annoying. The wise adult concentrates on doing the job and doesn't participate in behaviours or conversations that lack integrity. This contributes to a healthier work environment as well as a healthier mental/emotional environment within ourselves. ■

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, “Deep Powerful Change” hypnosis CDs and “Creating Effective Relationships” series, visit www.gwen.ca

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China's pollution a toxic lesson to all

Beijing's 21-million residents live in a toxic fog of particulate matter, ozone, sulphur dioxide, mercury, cadmium, lead and other contaminants, mainly caused by factories and coal burning. Schools and workplaces regularly shut down when pollution exceeds hazardous levels. People have exchanged paper and cotton masks for more elaborate, filtered respirators. Cancer has become the leading cause of death in the city and throughout the country.

Chinese authorities can no longer deny the catastrophic consequences of rampant industrial activity and inadequate regulations.

Chinese authorities, often reluctant to admit to the extent of any problem, can no longer deny the catastrophic consequences of rampant industrial activity and inadequate regulations. According to *Bloomberg News*, Beijing's Centre for Disease Control and Prevention says that although life expectancy doubled from 1949 to 2011, "The average 18-year-old Beijinger today should prepare to spend as much as 40% of those remaining, long years in less than full health, suffering from cancer, cardiovascular disease and arthritis, among other ailments."

China's government also estimates air pollution prematurely kills from 350,000 to 500,000 residents every year. Water and soil pollution are also severe throughout China. The documentary film, *Under the Dome* by Chinese journalist Chai Jing, shows the extent of the air problem. The film was viewed by more than 150 million Chinese in its first few days, apparently with government approval. Later, it was censored, showing how conflicted authorities are over the problem and its possible solutions.

Many people in Canada and the US – including in government – refuse to believe

we could end up in a similar situation here. And so US politicians fight to block pollution-control regulations and even to remove the power of the Environmental Protection Agency or shut it down altogether! In Canada, politicians and pundits argue that environmental protection is too costly and the economy takes precedence.

Some people even point to China as a reason for Canada not to do anything, arguing that what we do or don't do to confront climate change and pollution will make little difference because our contributions pale in comparison to countries like China and India. But while Canada's air quality is better than many places, half of us live in areas where we are exposed to unsafe levels of air pollution.

We can and should do more to curb pollution and greenhouse gas emissions, especially as demands from industry and a growing population continue to increase. That means making homes and workplaces more energy-efficient and driving less. Transportation is a major contributor to air pollution and greenhouse gas emissions. But despite the fact a large percentage of the emissions and pollution come from SUVs, trucks and vans, sales of those vehicles are rising while car sales are decreasing.

As individuals, we can take action to reduce pollution and emissions, but greater gains should be made at the policy level. We may never experience the kind of deadly pollution China is struggling with, but we can do a lot to make sure our air, water and soil are as clean as possible, now and into the future. We must do our part. ◀

Written with contributions from David Suzuki Foundation senior editor Ian Hanington. Learn more at www.davidsuzuki.org

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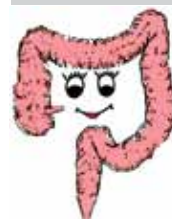
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JOIN US
for the official launch of the
Canadian Council on Food Sovereignty & Health

Caboto Club, Windsor, Ontario
1 pm - 4 pm
May 24th, 2015
Tickets: bookfoodsovereignty.eventbrite.ca

Renowned Health Canada whistleblower and food safety crusader Dr. Shiv Chopra will headline the launch of The Canadian Council on Food Sovereignty and Health on May 24 in Windsor, Ontario.

Chopra's fiery speeches last winter called citizens to action to take back a corrupted food supply, inspiring a group of Windsor food activists to start a national

Safe food advocates organize

movement. John Jones, organizer and campaigner in the Windsor organic food movement, says establishing a national food advocacy organization in Windsor Essex, the largest food-producing region in the country, makes perfect sense.

"The launch of the Council," says Jones, "is meant to be the beginning of a national movement of Canadians mobilizing against government corruption of the food system."

The European Union and other jurisdictions banned non-therapeutic uses of hormones and antibiotics in food-producing animals years ago. However, these and others toxins continue to be approved in Canada - thanks to government deregulation - and make their way into the food supply via injectable products and animal feed. Dr. Chopra calls these contaminants the 'five pillars of food safety.'

"You take these five products out of the food system - hormones, antibiotics, GMOs, pesticides and slaughterhouse waste - then everything is automatically organic," Chopra says.

Both Jones and Chopra agree that these 'five materi-

als' must be banned and that the public has the right to demand it.

"We have to start a movement at the municipal and local level," says Chopra. "If government isn't doing its job, let the people take food sovereignty into their own

If government isn't doing its job, let the people take food sovereignty into their own hands and take charge of their own food production. - Dr. Shiv Chopra

hands and take charge of their own food production."

On May 24, Jones and Chopra will share the stage with other speakers to launch the Canadian Council on Food Sovereignty and Health and to unpack its mission. Speakers also include Elizabeth May (Leader, Green Party), Alex Atamanenko (MP, NDP), Paul Dewar (MP, NDP) and David Yazbeck (Counsel). ■

GMO BITES

“Adopt-a-Retailer” targets GM apples

With our government’s approval of the genetically modified (GM) “non-browning” apple in March, and with no labelling of GM foods, it’s time to take action to guarantee a non-GM choice for fruits and vegetables in our communities. It’s easier than you might think.

If it gets onto the market, the GM apple would only be the second GM fruit sold anywhere in the world, after a Hawaiian-grown GM papaya.

The apple is genetically modified – also called genetically engineered – so it won’t brown after you slice it. It was engineered with modified apple DNA and genetic material from bacteria and a virus, to silence the gene that triggers browning. The company, Okanagan Specialty Fruits, says the GM apples “have more eye appeal: no yucky browning” because the apple flesh will stay white for 15 or more days.

But 69 percent of Canadians did not want the apple approved and 91 percent of Canadians want GM foods labelled.

We’re encouraged to eat lots of whole fruits and vegetables as part of a healthy diet, but the GM apple has put a dark cloud over the produce section. The company says that any whole GM apples on the market will have a little “Arctic apple” corporate logo on their stickers. Will you and your neighbours recognize this logo and know what it means?

Okanagan Specialty Fruits – recently acquired by the US company Intrexon – says that some GM apples could be on the market in late 2016. It takes a few years to establish new apple trees but some GM orchards were established for testing in the US (none in Canada). The Canadian Biotechnology Action Network (CBAN) will be tracking the GM apples as far as possible, but in the meantime, stores can make a guarantee to you and your community.

Removing GM fruits and vegetables from your grocery cart and from the entire grocery store is much easier

than you might think. In fact, there are only three GM whole foods grown in North America – plus the GM apple – and at a very small amount.

There is GM papaya grown in Hawaii and some GM squash varieties from the US, but Canada imports little of these two items. CBAN has discovered that as little as 0.3 percent of all the sweet corn in North America is GM, partly because of consumer letters to grocery stores. The details of what GM crops and foods are in the ground and on our shelves are documented in CBAN’s new report in the GMO Inquiry 2015, “Where in the world are GM crops and foods?” (www.gmoenquiry.ca/where) So far, GM fruits and vegetables are rare.

CBAN and the Society for a GE Free BC are encouraging you to “Adopt-a-Retailer” to get a guarantee of no GM apples. With so much confusion in our food system, our community food stores should be a place of trusted products and trusted information. Let’s start with the apple.

CBAN provides a “No GM Apple” pledge form with some background information that you can take to your local store. Ask the manager or owner to consider signing the pledge. In return, the store can get a decal to display in their window that says “No GM Apple” and information postcards for their customers. Check out the “Adopt-a-retailer” kit for these and other tools at www.cban.ca/apple/retailerkit

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It will be easy for stores to make this pledge and stick to it. The GM apple is not in the food system yet and stores will be easily able to secure and verify their supply of non-GM apples. Additionally, the company is only getting ready to sell GM Granny Smith and GM Golden Delicious apples for now and there are lots of other great

apple varieties grown across the country. Also, many local stores already only sell organic apples. Organic farmers do not use GM organisms and this is one guarantee of a non-GM apple.

Over 80 stores in BC, as well as few food distributors and stores across the country, have already pledged to never sell the GM apple. Blush Lane Organic Markets in Alberta was first to take the pledge. Blush Lane’s CEO Robert Horricks, who is also a BC orchardist, says, “We would never sell this GM apple in our stores. Our customers don’t want it and I don’t see a benefit for the apple industry.”

The GM apples are not hitting the market yet so now is the perfect time to secure a choice for your family and all the people in your community. More stores with “No GM Apple” pledges will help close the market to an apple that most consumers say they don’t want and which threatens to contaminate organic apple orchards and harm the livelihoods of organic farmers. 

Lucy Sharratt is the coordinator for Canadian Biotechnology Action Network. For more information, see www.cban.ca/apple



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...*Claire Martin* from p.3

down until friends also started saying, 'You've got to do this.' And I must admit there was a bit of a hole in my life.

"Believe me, Lynne and other Greens aren't running for fat pensions or to become rich lobbyists. And we won't be whipped into shuffling behind some party line while abandoning our constituents and promises."

Weather apps are now more popular than social networking, navigation/mapping and gaming apps. But you should also know Martin is on the expert panel of the United Nations' World Meteorological Organization – akin to the World Health Organization – the authoritative voice for 200 countries on the state and behaviour of the Earth's atmosphere, its interaction with the oceans, the climate it produces and the resulting distribution of water resources. She has personally travelled across Africa and China, by invitation, to share her expertise.

Martin, Quarmby and the Green Party with Elizabeth May – voted by her peers as our hardest working MP – at the helm, are united on the urgent need for fact-based government. At the English Bay press conference, an impassioned Quarmby informed folks about the threat to life from the perspective of an internationally known biologist. She threw in the fact that the blobs washing up on shore are thick residue leftovers from refining and so dirty and sulphur-rich that regulations prohibit burning it in land-based facilities. And that ships are dumping more pollution into the air than all of the cars in Vancouver and Kinder Morgan gets a cut of the clean-up bill. And when the spill is bitumen, the sea and coastline will not recover in our lifetimes. She added that, in the meantime, we are stripping away one of Earth's greatest carbon sinks – the Boreal forests are now disappearing at a rate exceeding

I intend to communicate candidly with business people

– as well as every other North Vancouver voter – to

raise awareness that we must transition to a Green

economy. The good news is this will be more profitable.

deforestation of the Amazon – and dumping green house gases into the atmosphere while subsidizing bitumen extraction to the point where taxpayers are now losing money with every barrel.


According to Quarmby, May and Martin, ideologically-based decisions are literally killing us. Claire has personally felt the sting of cutbacks. She was identified as a "surplus" "redundant" employee during the federal cutbacks in 1995, slashed from Environment Canada when our government decided we didn't really need to talk directly with a meteorologist when a tape recording would do. Robo-call anyone?

Unemployed and untrained on-air, Martin took up an offer to try TV, the first qualified meteorologist to do so. Six years later, her international colleagues chose her as the best presenter of weather in the world. And again the next year. And the next.

Martin says, "I'm getting calls from scientists across the country wanting to know if Greens have their say, can experts expect the same. They are asking, 'Will we be allowed to speak again, share our research without fear of losing our jobs or funding and no longer have to first go to Stephen Harper and his 'communication' team?'"

And of the latest at 'Mother Corp,' Martin notes, "The cuts to the CBC are beyond belief – what? – 1,400 people since April 2014? Too many of us forget that the CBC is a 'service,' in the true sense of the word. It exists to serve us as citizens, rather than consumers. Canada needs and deserves a vibrant CBC and the future right now for our public broadcast is anything but."

It's time to get Claire Martin back on TV, this time on *Question Period*. Even if it means moving her back east, away from her beloved west coast. With Quarmby and May in the lineup – how's that for strategic voting? Civility. Likeability. Honest MPs who know what they are talking about – worth listening to and voting for.

Get Claire Martin's attention on Twitter @ClaireMartinGPC or via claire.martin@greenparty.ca 

Bruce Mason is a Vancouver and Gabriola-Island based five-string banjo player, gardener, freelance writer and author of *Our Clinic*. brucemason@shaw.ca



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Beyond hope a conversation with Chris Hedges

by Bruce Mason

Chris Hedges is a controversial Pulitzer Prize-winning journalist and the author of best-selling books. He has covered Latin America, Africa, the Middle East and the Balkans for two decades and writes and speaks extensively on war, terrorism, climate, culture and conflict. On February 19, as part of the SFU Vancouver Speakers Series, he gave a 90-minute talk entitled “Rules of Revolt: What do citizens owe ourselves, each other and our governments?” In late March, he returned to Vancouver to give a keynote talk at the public Conference on Mining, Fossil Fuels and Common Resources. He also touched off a local controversy with his Truthdig column posted from Vancouver on March 8. Entitled “The whoredom of the left,” it began with: “Prostitution is the quintessential expression of global capitalism.” For several hours before and after his February talk, Bruce Mason had an opportunity to interview Hedges for Common Ground.

Bruce Mason: Welcome back to Canada.

Chris Hedges: Thanks. Those of us who care about climate change look to you as the front-line in fighting tar sands and pipelines projects that would be truly catastrophic for the planet. And we must come up here and join you. My wife, the actress Eunice Wong, is Canadian and one of my daughters is taking a year away from her studies at UBC. Of course, there’s that infamous interview on CBC in 2011 when Kevin O’Leary mocked the Occupy movement and called me a “left-wing nut-bar.” I discuss issues and don’t go on anything like Fox News so I walked out of the studio. After hundreds of complaints, the CBC apologized and I understand Kevin moved on [laughter].

In the US, half the population now lives at near poverty levels. We don’t have Canada’s social safety nets and are a more deeply violent society. However, Harper’s new terrorism law, Bill C-51, is as bad as anything in the US, which has all but eradicated privacy. In the aftermath of the Occupy movement – because communication was electronic – leaders have been hauled into court and forced

Throughout my career...I’ve learned that
to manage and not succumb to despair
requires having a personal relationship
with the oppressed and the poor.

to plea bargain, preventing them from further activism. Of Muslims who have been caught up in terrorism charges since 9-11, 95+ percent have been framed / set up.

BM: You, in fact, sued the President over legislation, which created new powers.

CH: Yes Hedges vs. Obama fought the overturning of 150 years of legal due process through authorizing military to carry out nebulous, extraordinary rendition and indefinite incarceration, including on US streets. We won

the case, but the administration aggressively and successfully appealed because we suspect they were already using these powers and could be in contempt, otherwise. In a subsequent case, we were told that our fears of being monitored were “speculative” – if the government were spying on us, we would be told (laughter). After the Snowden and other revelations, of course, we knew this was a lie.

BM: What are your thoughts on the rationalizations for the war on terrorism and the calls for increased security and surveillance?



Chris Hedges speaking at the St. Andrew’s-Wesley United Church, Vancouver, last February

CH: In every war I’ve ever covered, the first step is to dehumanize others before exterminating them. The awful movie *American Sniper* is, at its core, an excuse for murdering hundreds of thousands of innocents, including burning women and children in their homes and beheading people with bombs from drones. The corporate media has done a good job of presenting a mythical, false narrative of who we are and our supposed virtues. Our refusal to grasp what we have done, ongoing anti-Muslim rhetoric and the inability to understand our culpability in creating this rage over many years helps to produce a false belief that violence is the remedy, not the cause. It’s part of our collective insanity. Externalizing evil, instead of looking what’s inside us. And it’s terrifying.

BM: The question from the people who know I am speaking with you is “Why is there so little hope in your work?”

CH: I’m not in the hope business. I’m in the truth business. I prefer hope’s daughters, anger and courage. Social movements and art must become conduits for unvarnished moral outrage and passion. Mania for hope is a kind of sickness that prevents us from seeing how dire and catastrophic our situation really is, if we don’t radically reconfigure our relationship with each other and the ecosystem.

I’ve borrowed a phrase from Canada’s John Ralston Saul – “the corporate coup d’état.” It’s complete. One percent now owns one-half the world’s wealth, live in luxury, with obscene military and economic power, which is growing exponentially. Eighty percent of people in the world share five percent of the rest. The system no longer

works on our behalf and is beyond reform or appeals to rationality. All resistance must recognize and ingest this fact in order to rise up in a mass global movement.

Irreversible climate change from a 500-year rampage, driven by wilfully destructive, greedy and self-deluded fossil fuel and other industries, a political system completely corrupted and dominated by the wealthiest and most powerful corporations, while their media lavishly diverts attention into delusion, fantasy and escapism.

That is contemporary reality – the truth we must know emotionally and intellectually and live and resist in, if we are to wrest power while we still have a chance.

BM: You continue to argue against property destruction and to favour non-violence.


CH: The only tools left are bodies in the streets in a different kind of mass resistance. I’m not a pacifist and may be naive. I understand that the interests of citizens, and indeed the planet, are utterly irrelevant to global capitalism and must be resisted forcefully. But violence is most effective in civil wars and foreign occupation. Non-violence has proven to be twice as successful for more than a century and can be internal. I’ve witnessed the dividing and paralysing of power structures, winning over civil servants, even police, who have told us “keep on protesting” while we were being hand-cuffed. I may be gambling on non-violence, but I hope I’m right.

BM: What sorts of activities are possible / desirable?

CH: Personal choices – which is why I became a vegan. The animal/agriculture industry is one of the engines of climate destruction. Local farmers’ markets and such are important. Building sustainable communities that give you the energy and support to carry out resistance. The more you remove yourself from the wider consumer culture, the more you have the capacity to resist. And we have to pull people into the streets in large numbers for sustained resistance. Going to jail is more than I care to donate, but putting our bodies into the street is all we have. That’s it. And we don’t have much time.

BM: What advice do you have for those who despair?

CH: Revolutions and acts of resistance come in waves. They can’t be measured as they take place or be predicted, even by purported leaders. They may appear to be futile and be ignored by the wider society. However, the actions of an active one to five percent of the population have a moral force, which keeps a flame alive and triggers greater consciousness in dismantling a corrupt, unjust and destructive system. People who block pipelines, etc., must have faith that a time will come when they will not be alone, when fear, conformity and passivity melt away and the numbers of resistors will multiply. I’ve seen it at the Berlin Wall and many other places, all over the world.

Throughout my career – including teaching in a maximum security prison – I’ve learned that to manage and not succumb to despair, real despair such as many of us now feel, requires having a personal relationship with the oppressed and the poorest of the poor. They can’t become abstractions, but must have a face and more importantly, be loved. This act of human imagination makes endurance and resistance glorious and keeps me going. 

Instruments Beyond Borders

Helping re-tune the world



Vancouver's Instruments Beyond Borders delivers donated musical instruments to disadvantaged kids across the globe, including those at the Saint James Music Academy in Vancouver's Downtown Eastside.

Warning! This story may be addictive and you'll be hooked into wanting much more. Symptoms include clapping, shouting, dancing and jumping for joy. Frantically searching for unused musical instruments in dark corners. Craving and purchasing a ticket to one of the most satisfying evenings of your life. Feeling as turned on as when you hear your all-time favourite song. Twice.

There are people changing the world, big-time, one child and one instrument at a time, right here, right now. And they're getting together for a show-stopping fundraiser on May 13 at SFU's Wong Theatre downtown. But hold the drum roll; here's an intro and background – some music for your ears.

Instruments Beyond Borders is a registered, non-profit, Vancouver-based society that provides musical instru-

ments to youth orchestras in disadvantaged communities at home and abroad. Since its inception in 2013, IBB has been transforming lives, delivering \$40,000 worth of donated musical instruments into the keen hands of some of the most grateful, down-and-out kids on the planet, in Paraguay and here in Vancouver's Downtown Eastside.

IBB founder Janos Maté explains, "We aim to help harness the power of music to improve the lives of children and there are thousands of dormant musical instruments unused in closets, basements attics and other places, just waiting to come alive in the hands of aspiring young musicians."

The young musicians of the Recycled Orchestra of Cateura, Paraguay – aka Landfill Harmonic – play instruments made from the recycled garbage upon which their hometown is built. Favio Chávez, founder and director of the Recy-

cled Orchestra, says, "We are so thankful for all your efforts to contribute to our orchestra and its members. It is so good to hear about the gala in May and hope it will be a success."

On Cordova Street, hundreds of joyful children take part in after-school music lessons from professional teachers at the Saint James Music Academy. In addition to having the time of their lives, these kids also receive a nutritious meal.

Prussin Music (3607 W. Broadway, 604 736-3036) is a key player in the ongoing IBB project. The store launched "Instruments for Change" in February of 2013 and received offers of flutes, violins, trumpets, clarinets, saxophones, a cello, orchestral xylophone, guitar, auto-harp and a baritone horn, from as far away as Seattle.

Because they can't ship pianos and large harps, Prussin has some of the donated instruments for sale to raise funds and offers deep discount rates for others. And there is a wish list. For example, violins range from \$50 to \$100, trumpets and trombones, \$200. In the words of one of the recipients, "Without music, I would have nothing."

Don't miss seeing the fascinating, hand-made, recycled violin from Landfill Harmonic, given in appreciation and proudly displayed in a glass case. It's one of few ever given to anyone. Other recipients include Queen Sofia of Spain, Jimmy Carter, Princess Beatrix (former

Queen of the Netherlands), Archbishop Claudio Mario Celli, Robert Pattinson and the Museums of Musical Instruments in both Phoenix and Berlin.

Chávez shared news that a documentary entitled *Landfill Harmonic*, which tells the remarkable story of the orchestra, is making the film festival rounds, including New York and Toronto. It's already earned the "Audience Award" in Austin, Texas, and was among the favourite stories in the distinguished career of the late Bob Simon, who brought worldwide fame and attention in his report for *60 Minutes*.

Performers at the IBB fundraiser include Vancouver Kingsway MP Don Davies, an avid violinist who has also donated instruments. He took lessons at age six and believes every child should have access to music, which has profoundly enriched his life.

Highlights include the Saint James Music Academy choir and fiddlers and the renowned Borealis String Quartet. The evening will be hosted by popular Vancouver actor Dan Payne and Global TV's Lynn Colliar. Among the long list of performers are Cam Wilson, Finn Manniche and Brent Gubbels of Van Django, Ryan Guldemon, Jasmin Parkin, Colleen Rennison, Chin Injeti, Tonye Aganaba and more.

Watch for an upcoming *Common Ground* feature on the Saint James Music Academy. For more information and links (including the doc trailer), please visit www.commonground.ca

May 13: Instruments Beyond Borders fundraiser, 7pm, Fei & Milton Wong Theatre, SFU downtown, 149 E. Hastings St. Tickets \$30; \$35/door. Order online at picatic.com/InstrumentsBeyondBorders

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Wally Davyduke, 1936-2015 – Burns Bog Society co-founder and “Captain of the Boardwalk”

Wally Davyduke was a founding member of the Burns Bog Conservation Society and the Burns Bog Conservation Foundation. He took over the supervision of the Delta Nature Reserve’s boardwalk construction in 2002. Proud of his work on the boardwalk, he would stop and ask users, “What do you think of the boardwalk?” When they said it was “wonderful,” he would beam with pride. He was Ikea’s worst nightmare, but he could build a boardwalk! Wally Davyduke died on February 20, 2015.

Wally and I joined Toastmasters Club in 1979. We were founding members.

After I had said, “Yes” to Wally’s [marriage] proposal, the next big question was, was I going to change my last name? Wally said that he didn’t care either way. I solved the problem by giving a speech called the “Modern Bride’s Dilemma” at Toastmasters.

Afterwards, Wally talked about watching the faces of the other men as I talked. I had presented issues that none of them had thought about. I kept my “previous name,” as Wally called it and he was always quick to let people know that he “wasn’t Mr. Olson. And so did I.

The final challenge before we got married was Wally’s smoking. I had a house up for sale, Wally had a house up for sale and we were buying a third. Wally smoked so much one weekend that I developed a massive headache. I went home, called him and said I was breaking off the engagement. I told him I didn’t want to start our marriage with me nagging him over his smoking. We would sell our houses, buy the third and then we would sell that one.

He quit smoking! This time he chose me over his cigarettes. The date? November 23, 1980. Later, Wally

Wally’s farewell & Burns Bog Boardwalk needs you

by Eliza Olson, President, Burns Bog Conservation Society

would tell people we didn’t get married for the tax break. I said it was so Wally wouldn’t forget the date. The government has since closed that loophole.

We got married in front of the fireplace in our new home with our friends and family. Our house became known as the “party house.” Wally and I got involved in politics; I had made the mistake of telling him on our first date that I belonged to his favourite political party. You should have seen the look on his face when I said that.


I encouraged him to run for president of the Canadian Merchant Service Guild. He encouraged me to run for Delta council. And that started our romance with Burns Bog. We worked to stop the development in 1988. Based on our experience with Toastmasters, we knew people would drift away from the group after the proposal was turned down. We knew we had won the battle, but not the war. The developers would be back and we had to be ready. So we started the Burns Bog Conservation Society. We joined the first board and stayed on the board for the next 27 years.

The membership directed the society to set up a foundation. They figured it sounded like a good idea. No one really knew the difference between a society and a foundation. The foundation’s purpose is to build a capital campaign and create an endowment fund to help operate it. Wally was a founding member of the Burns Bog Conservation Foundation as well. He returned to the Foundation’s board last year.

Wally took over the Delta Nature Reserve Committee in 2002.

He was all thumbs when it came to putting anything together; I have shelves to prove it, but he could build an amazing boardwalk. It was his pride and joy. I can only remember him telling me once that he was too ill to go down to the boardwalk. And that was the Monday before his passing. Wally beamed with pride when people would comment about the boardwalk. He enjoyed driving the little tractor carrying wood and nails back and forth to repair and build it. He was truly the “Captain of the Boardwalk.”

Wally was my biggest supporter. He encouraged me to take on challenges I couldn’t have done without him. He never wavered in his faith in me. “Buck up, old girl, you can do it,” he would say when things got bleak. We did a lot together. We were the only two non-scientists at the 1995 International Peat Society Congress in Scotland and again in 2008 in Ireland.

Wally received the Queen’s Jubilee Medal for his work with the Society. I overshadowed him but he never resented it. Wally was the “wind beneath my wings.” I promise to keep flying. Thank you for joining me in celebrating Wally’s life. 

Excerpted from Eliza Olson’s tribute to Wally Davyduke, March 15, 2015. Help build Wally’s boardwalk by volunteering Saturday morning call (604) 572-0373 or www.burnsbog.org

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MAY 7

**Langara College Health & Human Services
Information Session:** 5-7:30PM, 601 W.
Broadway, Unit M-11. See website for lecture
schedule. Info: 604-323-5926, holistichealth@
langara.bc.ca, www.langara.bc.ca/hhs

MAY 8 & 9

**Jung Society presents Washington, DC analyst
and author Dr. James Hollis.** Friday evening
lecture & Saturday seminar. Details:
www.jungvancouver.org and www.facebook.
com/jungvancouver

MAY 11 & JUN 15

**Free Shamanic Power Initiation & Open
House** hosted by the Institute of Shamanic
Medicine. In Vancouver, 7:30PM. RSVP at info@
shamanicmedicine.ca www.shamanicmedicine.ca

MAY 12

A Night With Grizzlies: 7PM, Centennial
Theatre, North Vancouver with Chris Morgan,
PBS/Nat Geo/BBC Host. Learn about the
threatened grizzly bears in Vancouver's
wilderness backyard.
Tix at coasttoscascades.org
\$15, \$10/students & under 12.

MAY 14

Wild Salmon Caravan: Celebrate the Spirit
of Wild Salmon – Meet 10:30AM Vancouver
Art Gallery, Hornby & Georgia. 12:30PM
March to Imperial Metals. 1:15PM – March
to Department of Fisheries and Oceans
(401 Burrard St.), 2PM March to English
Bay. Music, speakers & more. tinyurl.com/
wildsalmoncaravan

MAY 21

3 Keys to more Passion & Profit in your
Business: Increase your income, impact
and inspiration! 316 West 5th Ave, 6:30-
8:30PM. FREE. http://3keystomorepassionandp
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MAY 21-25 & JUN 8-12

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MAY 22-24

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MAY 23

Open House - Institute of Holistic Nutrition
(Vancouver): Course/Career opportunities,
exhibits, lectures & more. 10AM-3:30PM,
604 West Broadway, Ste. 300.
604-558-4000. Lecture descriptions at
www.instituteofholisticnutrition.com

MAY 23

March Against Monsanto in Vancouver: Meet
10AM, Vancouver Art Gallery, north side.
Bring your friends & family. Bring signs & wear
costumes. Bring your passion.
Dr. Thierry Vrain, former genetic engineer
and soil biologist with Agriculture Canada,
headlines this year's event.
www.marchagainstmsonantovancover.org

MAY 24

Safe Food is our Right: Blow the Whistle
on Toxic Additives – Official launch of the
Canadian Council on Food Sovereignty and
Health. 1-4PM, Caboto Club, Windsor, Ontario.
Speakers include Shiv Chopra, Elizabeth May
& more. Suggested donation \$10. Tickets at
http://bookfoodsovereignty.eventbrite.ca

MAY 24 & MAY 31

Meet Your West Coast Green Candidates:
Metro Vancouver Green Party Rally. Both
dates 12NOON-3PM. **May 31** North Vancouver:
Shipbuilder's Square, Wallace Way. **May 24**
Nanaimo: Maffeo Sutton Park, 50 Arena St.
Featuring Elizabeth May, Claire Martin, Lynne
Quarmby, Ken Melamed & more.

MAY 29

Celebrate Elizabeth May's 4 years in
Parliament. 5:30-10PM, McDonald Park
Airplane Hangar, 9800 McDonald park Rd.,
Sidney BC.

MAY 29

David Suzuki: Letters to my Grandchildren
– Public talk, Q&A & book signing, 7PM, Old
Auditorium, 6344 Memorial Rd., UBC. Tickets
\$10 banyen.com

MAY 29-31

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Introduction 7:30PM, \$10; Course \$395 + GST.
Pacific Institute of Reflexology (604) 875-8818,
www.pacificreflexology.com

MAY 30

BC Buddhist Festival – One Buddha, Many
Traditions: Free admission. 9:30AM-6:30PM,
UBC Doug Mitchell Thunderbird Sports Centre,
6066 Thunderbird Blvd. Buddha bathing,
dharma teaching, performances, walking
meditation. Info: www.bcbuddhistfestival.com

MAY 30

Natural Wellness Career & Jobs Fair:
Sponsored by Health Action Network.
10AM-4PM, Robson Square, 800 Robson St. For
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JUN 1, 2, 8 & 9

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Economics. Films, speakers, renewable
energy leaders, dialogue. Kay Meek Centre
Studio Theatre, 1700 Mathers Ave., West
Van. 7-9:30PM, Tickets \$20/evening, \$60/
pass, @kaymeekcentre.com or 604-981-6335.
3efestival.org

JUN 3

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Master Teresa from East Coast. \$225 (3 DVDs,
US\$150 value), 10AM-12NOON, 3574 West 4th
Avenue, www.MasterTeresa.com

JUN 17

What is the "Chinese Food Cure"? Discover
how it works: Free talk, 7-8:30PM, Vancouver
Public Library, 350 West Georgia St., Alma
VanDusen and Peter Kaye Room. With Katelyn
Chen, Dr. TCM., Instructor of ICTCMV,
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AUG 16

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Cultural Family event, Trout Lake Park. Festival
hotline : (604) 593-2448,
www.latinsummerfest.com

AUG 19-23

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mational Journey: Yoga, soul inspiring wisdom
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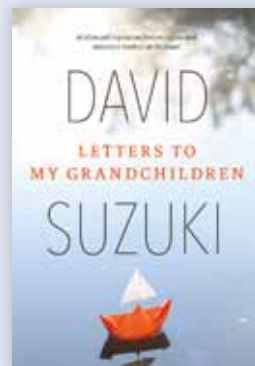
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and by Brian Mulroney. Mulroney joined Barrick's Barracudas after receiving cash from Karlheinz Schreiber for services rendered when he was the Canadian Prime Minister that cleared the way for neocon Prime Minister Stephen Harper.

As Foreign Affairs Minister, Baird had intervened in 2012 to fend off allegations that Harper's former Chief of Staff, Nigel Wright, was guilty of conflict

of interest in advancing Barrick Gold's interests with his boss. Wright was then being investigated by Mary Dawson, Parliament's Ethics Watchdog, on the suspicion that he had played a role on three separate occasions as an advocate of Barrick's preferred positioning of Canada *vis-à-vis* mining in Latin America.

The *National Post* paraphrased the former Minister's characterizations of

Wright's interactions with the Gold Company as follows, "Wright did nothing wrong; he merely listened to Barrick's concerns, said nothing, passed the matter over to others responsible for the file and was not involved in any decision relating to the company."

What credibility do these words now possess given Baird's own subsequent induction along with David Naylor into

Barrick Gold's inner sanctum through the medium of the company's deep infiltration of the U of T's academic life? Here is yet another indication that the Harper government's ethics initiative is a scam as epitomized by Baird's bringing his very recent access to state secrets to the service of Barrick Gold.

With an accompanying email assurance as Stephen Harper's Chief of Staff that the deal was "good to go," Nigel Wright delivered the now-notorious \$90,172 cheque to suspended Senator Mike Duffy. This payment is seen by many as a smoking gun in the high-profile criminal trial now underway in Ottawa.

Wright's close friend is Anthony Munk, his former colleague in the giant private equity firm, Onex Corporation. Wright's intimacy with the Munk family is marked in his role as godfather to the grandson of Peter Munk. "I have complete trust" in Nigel Wright, declared Munk Sr. in 2011. Munk's trust in his grandson's godfather was reflected in Wright's appointment along with Andrew Coyne and Ken Whyte to the Board of the Aurea Foundation.

With its annual debates at the Munk School of Global Affairs, the Aurea Foundation constitutes another example of how neoconservatives operate to engineer the boundaries of acceptable discourse in the mainstream media and in the academy. This discourse most valorizes the deregulation of business and maximum latitude for the expansionary policies of Likudnik Israel, both political priorities for the newest of Barrick's Barracudas, John Baird and Newt Gingrich.

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After two decades of intense engagement in the courts of both Chile and Canada with representatives of our country's chief mining leviathan, Jorge Lopehandia's survival speaks volumes. Not only has he retained his legal ground, but he is gaining strategic turf. From this adversarial experience, Lopehandia has developed his own personal perspective on what he sees as Barrick Gold's ruthless and unethical way of conducting business.

Lopehandia is especially critical of the effects of Barrick's accounting machinations on the declining value of the many pension funds invested heavily in what was once widely viewed as a blue chip company. The revolt of pensioners is being felt once again in 2015 as many managers of retirement funds repeat the main *continued p.34...*



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Feds ready to ram through bill C-51

Over 200,000 Canadians have united to Reject Fear and Stop Bill C-51, but will the government listen?

It's rare in Canadian politics to see intense public interest in government legislative proposals, let alone to see Canadians take to the streets in the tens of thousands to protest a piece of legislation by name.

Yet that's exactly what has happened in the case of Bill C-51, which critics, including the

This government has left Canadians with a stark privacy deficit and we will all need to work together to address it. We need a coordinated plan to roll back mass surveillance and restore our traditional privacy and democratic rights.

Globe and Mail's editorial team, say will undermine basic democratic values and lead to the creation of a "secret police force" in Canada.

In the space of a few short months since Bill C-51 was announced, hundreds of thousands of people have taken action to stop it: signing petitions, writing letters to local newspapers, phoning and writing their Member of Parliament and hitting the streets in nationwide demonstrations in over 70 communities across Canada.

It's not hard to see why so many people are concerned. Canada's top privacy and security experts warn this legislation will undermine democratic rights Canadians have enjoyed for generations. For example, according to professors Craig Forcece and Kent Roach, who have conducted a detailed legal analysis of the legislation, Bill C-51 will:

1) Undermine Canadians' privacy by allowing widespread information disclosures among government agencies and by giving the Canadian Security and Intelligence Service (CSIS) access to personal information held by up to 17 government departments. Even Stephen Harper has admitted these kind of dragnet surveillance measures are ineffective.

2) Chill free speech online by criminalizing what is loosely defined as the promotion of "terrorism offences in general," showing "reckless

disregard" for whether a particular post may encourage a violent act. As Forcece and Roach point out in their testimony to the Senate Standing Committee on National Security and Defence, "The new speech crime in our view violates freedom of expression because it reaches well beyond the sort of speech that threatens actual violence."

3) Dramatically expand the powers of CSIS, without any commensurate increase in oversight or review measures. The legislation even allows CSIS to obtain a warrant permitting them to break the law and contravene the Charter Rights of Canadians. Under C-51, such warrants would be granted in a secret hearing, with no representation from the target of such measures and with no right of appeal.


So it's no surprise that Canadians are worried. What is unprecedented, however, is the sheer number of Canadians taking part in the campaign to stop the bill. My organization, OpenMedia, has been campaigning on privacy issues for years, but in all our time, we've never seen a public outpouring quite like this.

Our joint efforts are clearly having an impact: public opinion has swung dramatically against Bill C-51 since it was announced and support has plummeted, with a recent Forum Research poll finding that 56 percent of Canadians now oppose Bill C-51, with just 33 percent in favour. The business community, civic society groups and principled conservatives have all spoken out.

Sadly, there's no sign that the government is listening. At the time of writing [end of April], the government seems determined to use its majority to ram the legislation through the Commons in the coming weeks.

Even more worrying is that this reckless, dangerous and ineffective legislation will further undermine Canadians' privacy rights – rights that have already been seriously damaged by the government's Bill C-13 passed late last year and by the government's failure to address the mass surveillance activities of its CSE intelligence agency.

This government has left Canadians with a stark privacy deficit and we will all need to work together to address it. We need a coordinated plan to roll back mass surveillance and restore our traditional privacy and democratic rights.

You can learn more about how we plan to do so by joining the Protect our Privacy coalition at OurPrivacy.ca 

David Christopher is communications manager with OpenMedia, a community-based organization that works to safeguard the possibilities of the open Internet. openmedia.ca

...Mike Carr Remembered from p. 15



Mike Carr with Susan's grandson.


stage and "in the zone" when he was teaching, making love and dancing or when he was discussing politics and culture. He put on a brilliant performance every time – impeccable, passionate, non-conformist and beautiful.

I met Mike at a party in 1985 after the Vancouver Peace Walk in his co-op house. The rest (30 years) is history. Our relationship evolved from romantic love and cohabitation/marriage to friendship of the highest order.

Mike's social activism led him to do more and his studies led him to more reading, knowing and teaching. Mike's dream for the world was a bioregional society of peace, cooperation and love. He participated in continental and local bioregional gatherings. He was inspired and reenergized by the love of his friends and his various families. For Mike, family did not strictly mean bloodlines. He was adopted by an aboriginal family in the interior and will be buried by them in his beloved Mother Earth.

Mike made sure long before he passed away that his very valuable library went to groups that could make use of them the best possible way. He also donated his maps of Salmonopolis, the body of work by the Barefoot Cartographers he founded, to the Planning School at UBC, a benefit to present and future students.

In the last few years of his life, Mike lived part-time in Cuba with his Cuban wife Susana and her family. He wrote his last book (awaiting publication) there; it gives a brief and accessible historical analysis of the US banking system and present day capitalism. At the end of the book, new peoples' movements of resistance and change in the US, China, Venezuela, Bolivia and Ecuador are presented as hopeful examples that, contrary to Margaret Thatcher's claim "There is no alternative" – there are indeed many possible alternatives already rising up.

Mike did not identify with any particular religion, but he was deeply inspired by native spirituality and nature. His life is an example of how consciousness and heart are one and the same and that a meaningful, authentic life allows you to follow your hopes and dreams. 

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...Neoconning from p.32

themes of their protest in 2013.

A common thread of grievance in their votes of non-confidence is Barrick's very high rate of executive compensation. This penchant for huge payoffs to those at the top goes back to the days when George H. W. Bush was handsomely rewarded for engineering the transactions that catapulted Barrick Gold from obscurity to the world's number one marketer of gold and gold derivatives.

As Lopehandia sees it, the high rates of reward to executives and their political advisors reflect the reality that Barrick's most important asset is privileged access to the inner citadels of political, juridical and media influence. A common theme running throughout this process of infiltration involves the corruption of the state in order to harness its coercive force for the displacement of indigenous peoples from valuable natural resources.

The consistency of this expansionary pattern in the growth of Barrick Gold Corporation flows naturally from the history of the heavy trade in mining shares on the Toronto Stock Exchange. Toronto's rise to commercial prominence has depended on dispossessing and displacing First Nations in the development of one mining frontier after the next in northern Ontario.


This same general trajectory of expansion through Aboriginal dispossession is continuing through venues such as Barrick Gold into the wider international realm. It is a process that is making Canada synonymous with the most dirty and exploitative networks of extractive industry.

A father of college-aged young men, Lopenhandia speaks eloquently of the tragic subordination of one of Canada's oldest and most prestigious universities to the imperatives of corporatist subversion. He asks rhetorically, "Why pay homage to those who have benefited most from the kind of outrageous incursions that are giving the Canadian mining industry a bad name among many decent folks throughout Latin America and Africa? What messages are we sending to our young people by treating the likes of Peter Munk, Brian Mulroney, John Baird and Newt Gingrich as role models for the country's future leaders?"

As Lopenhandia sees it, some of the funds poured into the Munk School of Global Affairs are in fact stolen from him and individuals like him in Barrick Gold's global rush for spoils. He speaks eloquently of the kind of alternative to the Munk School that he would like to endow if he succeeds in his quest to put in place a more just model for mining sustainably the riches of the vast Pascua-Lama repository of precious metals.

Lopehandia underlines that any alternative to the Munk School in which he might become involved would have to promote rather than constrain academic freedom. The kind of institute Lopehandia has in mind would be an arena of academic meritocracy affording respect, recognition and security especially to those voices of dissent emanating from outside the charmed inner circle of privilege and power.

Such a centre of excellence would eschew rather than cultivate conditions of exclusion such as those that provoked the Iranian Canadian community groups in 2013 to accuse the Munk School of organizing a closed event to promote the hawkish policies of the ruling party. Rather than responding appropriately to this significant criticism, the anti-Iranian partnership of the University of Toronto and the Harper government was solidified in 2015 with John Baird's and professor Stein's announcement of substantial federal largesse for the Munk School.

A Lopehandia School of Globalization Studies would embrace, rather than spurn, those academics willing to speak truth to power, even when that power takes the form of a corporate leviathan like Barrick Gold with its still largely hidden history of serial dealings with the most dubious variety of former public official. 

Anthony Hall is professor of Globalization Studies at the University of Lethbridge. He has written for the **Globe and Mail**, the **Toronto Star**, **Canadian Dimension** and many other periodicals. His most recent books are **Earth into Property: Colonization, Decolonization and Capitalism** and **The American Empire and the Fourth World**. Both volumes are published by McGill-University Press.

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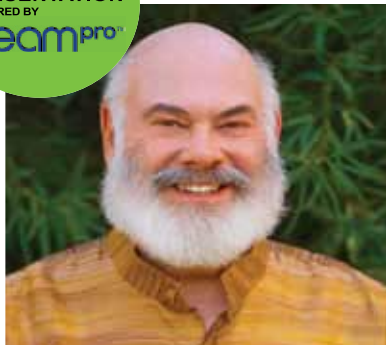
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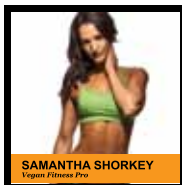
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